The article is devoted to the analysis of quality of diets with the use of indexes of nutrient groups balancing. The quality of diets is analyzed for their further inclusion to the nutrition systems with preventive action.

The results of calculating indexes of nutrient groups balancing for 60 different expendable diets (for breakfasts, lunches, dinners and suppers) are presented. The indexes for two groups of nutrients, such as a group of calcium, fat, phosphorus and magnesium, and a group of essential amino acids are estimated. The quality of diets with the use of these indexes is analyzed.

The index of nutrient groups balancing is a value quantifying the simultaneity of daily needs resourcing in nutrients of this group by the diet.

It is found that in case of critical value of indexes of nutrient groups balancing $K \geq 49$ it is possible to include 43 rations from 60 for further optimization of daily rations. The obtained result is conditioned by using of bracketing on calcium balancing into mathematical models of the diets and their high rates. The indexes of essential amino acids balancing were not accounted for diets projecting that caused elimination of some diets designed. Among all of the diets, breakfasts and suppers are characterized by the highest rates of indexes of nutrient groups balancing.

Thus, in the result of the study, the advantages of using the indexes of nutrient groups balancing as criteria for expendable diets choice with the purpose of their further inclusion to nutrition systems are proven.

**Keywords:** expendable diets, daily diets, nutrition system, index of nutrient groups balancing, diets filtration.